

Dr Anna Tampou

Research and Teaching Fellow

School of Agricultural Sciences

Department of Animal Production, Fisheries & Aquaculture

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Expertise: Nutrition and Nutritional physiology of aquatic animals, Innovation and alternative raw materials for aquafeeds, Organic Aquaculture, Reproduction of aquatic species, Microbiome of aquatic species, Aquarium, Aquaponics.



Education - Training

Education

- Post Doc Researcher in Nutritional challenges and bacterial interaction in gilthead sea bream (*Sparus aurata*) fed with different diets, with or without lysine supplementation, Aristotle University of Thessaloniki, School of Veterinary Medicine, Greece.
- PhD in Nutrition and nutritional physiology of fish, University of Thessaly, School of Agricultural Sciences, Department of Ichthyology and Aquatic Environment, Greece. PhD Thesis: Nutritional challenges and physiology of aquatic animals.
- M.Sc. in Sustainable Management of Aquatic Environment, University of Thessaly, School of Agricultural Sciences, Department of Ichthyology and Aquatic Environment, Greece. Master's Thesis: Community structure of satellite bacteria in microalgal culture.
- B.Sc. with integrated M.Sc. in Ichthyology and Aquatic Environment, University of Thessaly, School of Agricultural Sciences, Department of Ichthyology and Aquatic Environment, Greece. Bachelor's Thesis: The role of microbiome in gut of gilthead sea bream (*Sparus aurata*).

Training

- Open water and advanced open water diver (PADI).
- Long term effect of low fishmeal and fish oil diets across life stages (ARRAINA course, Las Palmas de Gran Canaria, Spain)
- Scientific school aquaculture RISE – Reproduction and rearing of species of commercial interest (IMC Foundation ONLUS – International Marine Centre Torregrande (OR), Italy).
- The survivor's guide to stable isotope ecology (Exedra Mediterranean Center, Ortigia, Siracusa, Sicily, Italy).
- FELASA Accredited Course “Care and use of laboratory animals: mice, rats, zebrafish” Functions A-D (Center of continuing education and lifelong learning, University of Crete, Heraklion, Crete, Greece).
- Hands on Biostatistical Workshop (Department of Ichthyology and Aquatic Environment, University of Thessaly, Volos, Greece).
- The role of microbiome in ecosystem functioning, food security, human health and environmental protection (Summer School of MIKROBIOKOSMOS 2022, Argalasti, Greece).
- Fish Nutrition Workshop (Wageningen institute of animal sciences by the Aquaculture and Fisheries group, Wageningen, The Netherlands).

- Pedagogical and training program (EPPAIK) (Department of education, School of pedagogical and technological education (ASPATE)).

Professional Experience

- 2025-2026: Lecturer: Nutrition of Aquatic Animals, Aquariology and Aquaponics, Department of Ichthyology and Aquatic Environment, University of Thessaly.
- 2025: Lecturer in Summer School Operation, Management and Architecture of Aquariums, Lifelong Learning Center, University of Patras.

Scientific & Research interests

- Aquatic animal nutrition
- Aquatic animal nutrition in aquaponic systems
- Aquatic animal nutritional physiology
- Aquafeed formulation and feed technology
- Organic aquaculture
- Reproduction of aquaculture species
- Microbiome of aquatic species
- Aquarium and RAS

Publications in International peer reviewed Journals

- Vlahos N., Psoufakis P., Mitsopoulos I., **Tampou A.**, Zotos A., Mazarakioti E.C., Berillis P. (2026). Effects of feeding ratio on the co-culture of European sea bass (*Dicentrarchus labrax*) and grasswort (*Salicornia europaea*) in a recirculating brackish aquaponic system. Appl. Sci., 16, 2930. <https://doi.org/10.3390/app16062930> (I.F. 2.500).
- **Tampou A.**, Kousoulaki K., Vasilaki A., Vlahos N., Nikouli E., Panteli N., Feidantsis K., Kormas K.A., Karapanagiotidis I.T., Berillis P., Nengas I., Antonopoulou E., Mente E. (2025). Growth performance of gilthead sea bream (*Sparus aurata*) fed low fishmeal diets with an innovative mixture of low trophic ingredients. *Aquaculture Nutrition* Manuscript ID 7504207, pp. 21. <https://doi.org/10.1155/anu/7504207> (I.F. 3.000)
- **Tampou A.**, Andreopoulou S., Vasilaki A., Nengas I., Berillis P., Gisbert E., Karapanagiotidis I.T., Antonopoulou E., Mente E. (2024). Growth performance of gilthead sea bream (*Sparus aurata*) fed a mixture of single cell ingredients for organic diets. *Aquaculture Reports* 36: 102105. <https://doi.org/10.1016/j.aqrep.2024.102105> (I.F. 3.200)

International conferences

- Karapanagiotidis I.T., Asimaki A., Katouni A.M., Psoufakis P., Gkalogianni E.Z., **Tampou A.**, Gasco L., Gai F., Poletto T., Conceição L., Gronich E., Rumbos C.I., Athanassiou C.G. (2025). Fishmeal replacement by *Ceratitidis capitata* meal on the diet of gilthead seabream (*Sparus aurata*). European Aquaculture Society, 22-25 September, Valencia, Spain, pp. 878-879.
- Vasilaki A., Chronopoulos P., Nikoloudaki C., Karapanagiotidis I., Fountoulaki E., Andreou P., Katouni K., **Tampou A.**, Kogiannou D., Rigos G., Mente E., Nengas I. (2024). Use of solid state fermentation to improve the nutritional value of forage legumes as feed ingredients in European sea bass nutrition- in vivo evaluation. Scientific Conference of European aquaculture society, 26-30 August, Copenhagen, Denmark, p.1015.

- **Tampou A.**, Kousoulaki K., Vasilaki A., Nengas I., Karapanagiotidis I.T., Mente E. (2023). Growth performance, amino acid and fatty acid composition of gilthead seabream (*Sparus aurata*) fed algae meal diets. Scientific Conference of European aquaculture society, 18-21 September, Vienna, Austria, 1440-1441.
- **Tampou A.**, Meziti A., Karapanagiotidis I.T., Kormas K., Mente E. (2023). Microbial structure of *Sparus aurata* fed innovative diets. Scientific Conference of European aquaculture society, 18-21 September, Vienna, Austria, 905-906.
- Psoufakis P., Katouni A.M., Asimaki A., Gkalogianni E.Z., Neofytou M., **Tampou A.**, Golomazou E., Panagiotaki P., Berillis P., Ntantali O., Malandrakis E., Henry M., Karapanagiotidis I.T. (2023). Dietary supplementation with various yeast products and extracts on growth performance, immunology and histomorphology of gilthead seabream (*Sparus aurata*). European Aquaculture Society, 18-21 September, Vienna, Austria, pp. 1158- 1159.
- Asimaki A., Katouni A.M., Gkalogianni E.Z., Psoufakis P., Neofytou M., **Tampou A.**, Golomazou E., Panagiotaki P., Berillis P., Ntantali O., Malandrakis E., Henry M., Karapanagiotidis I.T. (2023). Dietary supplementation with *Agaricus bisporus*, *Portobello* and *Pleurotus* sp. on growth performance, immunology and histomorphology of Gilthead seabream (*Sparus aurata*). Scientific Conference of European aquaculture society, 18-21 September, Vienna, Austria, pp. 74-75.
- **Tampou A.**, Padovani M., Panteli N., Feidantsis K., Antonopoulou E., Mente E. (2022). Effects of low fishmeal diets on growth performance and intermediate metabolism of gilthead seabream (*Sparus aurata*) and European seabass (*Dicentrarchus labrax*). 14th International Conference on the Biology of Fish 2022, 28 June – 1 July, Montpellier, France.
- **Tampou A.**, Andreopoulou S., Nengas I., Vasilaki A., Karapanagiotidis I.T., Mente E. (2021). Growth performance of gilthead seabream (*Sparus aurata*) fed low fishmeal organic diets. Scientific Conference of European aquaculture society 2021, 4-7 October, Funchal Madeira.
- **Tampou A.**, Andreopoulou S., Nengas I., Kousoulaki K., Vasilaki A., Mente E. (2021). Growth performance of gilthead seabream (*Sparus aurata*) fed low fishmeal diets with innovative ingredients. Scientific Conference of European Aquaculture Society (EAS) 2020 (Virtual conference), 12-15 April.
- Mente E., **Tampou A.**, Nikouli E., Vázquez Otero E., Kormas K. (2019). Satellite bacteria of *Tetrastelmis suecica* and *Tisochrysis lutea* cultures. 8th Congress of the Scientific Society “MikroBioKosmos”, 18-20 April, Patra, Greece, p. 137.
- **Tampou A.**, Nikouli E., Piccolo G., Antonopoulou E., Mente E., Kormas K. (2016). Gut microbiome of sea bream (*S. aurata*) fed an insect meal diet. 2nd International Congress of Applied Ichthyology & Aquatic Environment HydroMedit, 10-12 November 2016, Messolonghi, Greece, pp 127-130.

National conferences

- Πατσέα Ε., Μητσόπουλος Ι., Σιεκκερήs Α., Ψωφάκης Π., **Τάμπου Α.**, Μεντέ Ε., Βλάχος Ν., Κατσέλης Γ. (2025). Κλιματική Αλλαγή και Ενυδρείοπoνία: Η επίδραση της θερμοκρασίας στην παραγωγικότητα της τσιπούρας και της σαλικόρνιας. 19^ο συνέδριο Ιχθυολόγων, 30 Οκτωβρίου - 2 Νοεμβρίου, Ιωάννινα, σελ. 305-308.
- Μητσόπουλος Ι., Τσαούσογλου Μ., Ψωφάκης Π., **Τάμπου Α.**, Καπετάνιος Ε., Πατσέα Ε., Μεντέ Ε., Βλάχος Ν. (2025). Συγκαλλιέργεια λαβρακιού (*Dicentrarchus labrax*) με σαλικόρνια (*Salicornia europea*) σε κλειστό σύστημα ενυδρείοπoνίας: Επίδραση της Ιχθυοφόρτισης στην ανάπτυξη και

κατανάλωση της τροφής. 19ο συνέδριο Ιχθυολόγων, 30 Οκτωβρίου - 2 Νοεμβρίου, Ιωάννινα, σελ. 281-284.

- Ανδρώνης Α., Στεμιτσιώτης Β., Ψωφάκης Π., **Τάμπου Α.**, Μητσόπουλος Ι., Μπεκιάρη Β., Βιδάλης Κ., Μεντέ Ε., Βλάχος Ν. (2025). Ανάλυση του ισοζυγίου μάζας της αμμωνίας σε συστήματα ενυδρείοπονίας με πολυκαλλιέργεια. 19^ο συνέδριο Ιχθυολόγων, 30 Οκτωβρίου - 2 Νοεμβρίου, Ιωάννινα, σελ. 249-252.

Participation in research projects

Member of the research team

- **2019-2023:** Future growth in sustainable, resilient and climate friendly organic and conventional European aquaculture (FutureEUAqua).
- **2023:** Improvement of the nutritional quality of forage legumes through biotechnological processes for the nutrition of Mediterranean aquaculture species.
- **2025:** Development of digital educational material for vocational education and training.
- **2026:** Aquaculture training and education – (Nutrition and fish nutritional physiology for Aquaculture).
- **2026:** Aquaponics. An alternative method of plant cultivation without the use of soil.

Referee activity

- Aquaculture Nutrition